

67 Ways to Start Losing Weight Today!

by Stephen Cabral, CSCS, CPT, NS

1. Your Meals Should be the Size of Your 2 Fists

When you are out to eat or a guest in someone else's house it isn't always easy to pull out your measuring cup or food scale from your back pocket. To practice good portion control a good rule of thumb is to make your protein the size of one fist and your vegetables and fats the size of your other fist. No tools required!

2. Your Snacks Should Be No More Than 1 Handful of Food

This is the easiest way to gauge how big your snack should be. It's easy, it's simple, and you can take your hand anywhere ;)

3. Remember You Will Not Starve by Reducing Portion Sizes

Eat to live, don't live to eat! All too often eating is social or emotional and it is easy to lose sight of just how much you have actually eaten. Try to use a smaller plate and don't graze. Did you know that research has shown that filling up a 9" plate of food left people feeling fuller than adding 9" worth of food to a 12" plate? The mind is a powerful tool so be sure to measure your snack or meal and eat just what is on the plate. You should feel satisfied...not stuffed!

4. Drink 16oz of Green Tea Daily

Green tea contains high concentrations of catechin polyphenols. These compounds work with other chemicals to intensify levels of fat oxidation and thermogenesis, where heat in the body burns fuels such as fat. A recent study by the University of Connecticut found that mice who were fed green tea extract gained less weight and fat! It's natural and safe!

5. Go for a Walk During Lunch

Get out of the stressful office and take a walk. Even if you try to relax while you scoff down your salad at your desk you can't truly be calm. A brisk walk will get your muscles moving and release endorphins; a chemical that relieves stress and promotes mental clarity

6. Take the Stairs Instead of the Elevator

It may seem like an obvious tip but think about how many times you actually opt for the stairs. It is a great way to get a quick spike in your heart rate and activate

your glutes. Try stepping and pushing off with your heels to take the weight off your knees.

7. Eat Vegetables at Every Meal

Especially green ones!! They will keep you fuller longer with their high fiber content and leave you energized. Broccoli, kale, spinach and collard greens provide essential vitamins and minerals and also reduce inflammation within the body.

8. Eat Nutrient Dense Foods

It's important to be getting the most of everything that you put into your stomach. If you are eating nutrient dense foods you can be sure that you are getting energy and vital vitamins and minerals.

9. Stay Away From Processed, Refined Foods – boxes and bags

Not only are these options not ideal for weight loss but they are just plain unhealthy. They promote internal inflammation, which has been connected to most of our country's health problems including heart disease, Alzheimer's and stroke. Not only will you feel better after eliminating processed and refined foods but you will see a dramatic difference in commonly bloated features such as your face and abdomen.

10. Limit Your Grain Consumption

We're made to believe that we need this mass consumption of whole grains everyday... however, nothing could be further from the truth and now even the "Food Pyramid Guidelines" have changed to reflect that. The real truth is that most grains we find in the grocery store have been over processed and therefore, our bodies can't properly digest or assimilate the food. As a result, we end up with high levels of inflammation in our body that leads to weight gain, water retention, arthritis, high blood pressure, high cholesterol, diabetes, and many other treatable health issues. Find out more about these inflammatory foods in my free video at <http://www.lose5in7.com/secret> .

11. Prioritize Your Day and Your Schedule

If you fail to plan then you are planning to fail! Write down what you are going to have for your 5 meals the night before and make sure they are all prepared. Make sure all of your fresh veggies are washed and cut. You will be more likely to grab a healthier option in a rush if it is prepared and scheduled.

12. Aim For 30-60 Minutes a Day of Exercise

That may sound like a lot of time to dedicate to your exercise, but if you think about it you get 1,140 minutes a day to use as you please. The unfortunate thing is

that many of us choose watching TV or sleeping in later than we need to as priorities over our exercise routine. My suggestion is to start out small with 10 minute workouts done right at home. You can even do these right before you get in the shower in the morning to start your day – that way it is done and over with and can you began your day by boosting your metabolism to help you burn body fat throughout the next 24 hours. To find out more about my short, at home exercise workouts check out <http://lose5in7.com>

13. A Workout Should Not Cause You Pain, But It Should Be Intense

Forget the old saying no pain; no gain. It would seem a little counterproductive to be hurting yourself in the pursuit of good health. You only have one body...you want to challenge yourself to the point that you are working your absolute hardest without pushing the limit. No exercise should cause pain while it is being performed but a little soreness the next day is ok especially if it is a new routine.

14. You Get Out of A Workout What You Put Into It

Your body is only going to respond to the demands you place on it. In order to transform your appearance you must workout with a purposeful intensity that will shock your body to change.

15. Choose Challenging Weights Over Easy Ones

I'm often asked what holds people back from getting results in the gym and lifting light easy weights over heavy ones is definitely at the top of the list. Too many people never go up in the weights they lift and think that a light resistance will tone their muscles instead of build them up... nothing could be further from the truth. Only challenging weights will force your body to change and strengthen your muscles and your bones. This is crucial for speeding up your metabolism. Trust me, unless you are taking testosterone enhancing supplements you will not bulk up – I repeat, you will NOT bulk up, but you will burn body fat at a much faster rate. Find out other myths that are holding you back at <http://Lose5in7.com>

16. High Reps Do Not Equal Better “Toning” Results

This is another one of those myths that just won't die... where did it even come from? I highly recommend beginners start in a higher rep range, but while lifting challenging weights and making steady increases each week. However, after you have been lifting for awhile you need to use all rep ranges (5, 8-10, and 12-15 reps) to get maximum toning and weight loss results. If you don't, you're missing a lot of the results you could be getting.

17. Opt For Compound, Multi-Joint Movements

Your body is a complex moving machine. It moves as a whole and functions as a whole...so train it as a whole! Forget one arm isolated exercises that involve little

movement. Instead incorporate your core by doing exercises in an unstable, but controlled environment. You'll not only get a smaller, better looking stomach and abs, but you're entire body will be firmer. Find out more about this revolutionary formula in my [Fatlossity, Lose5in7 Weight Loss System](#).

18. Crunches Won't Get You Great Looking Abs

This could be the most powerful abs myth ever! Seriously, even if you develop phenomenal abs you still won't be able to see them without stripping off the belly fat that is covering them... And did you know that you'd need to do about 25,000 crunches to equal 1lb of weight loss? Truthfully, the best way to see your abs is by working them less and spending more time completing multi-joint exercises that burn way more body fat and keep your metabolism elevated for hours. The last piece of the puzzle is focusing your efforts on a specific [anti-inflammatory and low-glycemic diet plan](#) that will allow you to burn belly fat and trim, tone, and tighten your waist.

19. Work on Your Flexibility – Increased R.O.M

Increasing your flexibility is not only great to realign your posture and decrease joint pain, but it really does help with weight loss too. The reason is that if you can get deeper into a squat, lunge, deadlift, etc then you will hit more muscle fiber. As a result, you will burn more calories, increase your heart rate, and develop better definition to your physique. You can get all this from 5-10 minutes a day of stretching!

20. Take a Before Photo and Measurements

I say this for one reason and it's to warn you... Never start a body transformation program without taking measurements and photos. I can't tell you the number of people who have told me they regret not taking their stats and before photos! The reason is they get amazing results from their new workouts and they can't believe the new person they see in the mirror. You'd be amaze at how quickly the transformations take place too... so trust me, even though you may not love the photos you see now, you'll definitely want some before and after shots to show off to friends, enter into my [body transformation contests](#), or just to look at privately and be proud of your accomplishments.

21. Drink 10+ Glasses of Water a Day

Your body needs adequate hydration to perform all bodily functions efficiently. If you don't provide the water then your body will kick into panic mode and retain fluid, resulting in bloating of the legs, ankles, and abdomen.

22. Substitute All Sugary Drinks, Sodas, and Juice for Water

If you only change 1 thing in your diet you must cut out all forms of sugar (especially liquid sugar). Not only will you lose belly fat at a faster rate, but you'll begin to even out your blood sugar levels and energy crashes. There's about another thousand reasons why you should cut out sugar, but you're going to just have to try it out for yourself to see the difference it makes in your life.

23. Never Skip Breakfast

People skip breakfast for many reasons, but most of these excuses can be done away with by just getting into the habit of having a light meal to wake your body and metabolism back up. Having a small breakfast will set you up for proper energy maintenance for the rest of the day and less food cravings around mid-morning. Plus, your body is starving if you wait a whole 16 hours from when you ate last night for dinner to when you eat a late morning snack or lunch. If you wait that long it means you've gone more than a half a day without eating. Think about what that does to your energy and metabolism!

24. Drink 16oz of Water Immediately Upon Waking

After sleeping for 7-8 hours you will naturally wake up dehydrated. If you drink a full 16 oz of water upon rising you will replenish some of the hydration lost while you slept and start your day with a jolt of hydrated energy.

25. Cut Your Coffee Down to 1 Cup Per Day

Trust me, I'm no coffee-hater. I personally love sipping on a cappuccino at a quiet café or drinking my morning cup of coffee. However, just because I love it doesn't mean I should go overboard. If you're always drinking coffee then your adrenal glands are going to get depleted and you'll never experience natural highs and lows. You'll also have a more difficult time getting into a sleep schedule which will only force you to drink more coffee to "wake up." My recommendation is that you start your day with a cup of green tea or a coffee and then stick to an after lunch green tea or non-caffeinated beverage after that. It may take a couple of weeks, but after that you'll have more energy and better sleep!

26. Substitute Your Afternoon Coffee with a Tea and Healthy Snack

You can get the same energy and afternoon pick me up from a handful of nuts and a green tea that a "cup of Joe" will offer. The nuts will give you energy and fill you up while the green tea keeps up your metabolism and also jolts your energy. Go for a loose leaf green tea if you can, it offers whole green tea benefits with a bit more caffeine!

27. Use Exercise to Boost Your Energy Levels & Burn More Calories

By now you may have heard that exercise has thousands of benefits... but did you know that most people who begin a new exercise program report increases in energy? Not only that, but I get emails all the time from my online clients letting

me know that they no longer have afternoon energy crashes or trouble dragging themselves out of bed in the morning. Plus, scientific studies now confirm that short, intense workouts burn more body fat than longer, slower ones. Isn't it time you made the switch?

28. Ditch Long, Boring Cardio – 1x week

Long, slow cardio refers to hopping on an elliptical, treadmill, arc trainer, or bike for 30 – 60 minutes and maintaining the same steady pace the whole time. Although this is perfectly acceptable for increasing your cardiovascular capacity, it is horribly inefficient when it comes to losing weight and burning body fat. And did you know that most every cardio machine fools you into believing you're burning more calories than you actually are? It's true, but this trick only leads to a false sense of how many calories you are actually burning. What I recommend is keeping in 1 long day of cardio per week if you really enjoy doing that type of workout. If you're not attached to it and you're ready to burn body fat in a more efficient manner then it's time to switch over to interval training for maximum fat burning potential!

29. Choose Short Interval Cardio

Sprinting not only burns a huge amount of calories, it also keeps your metabolism elevated for days after. Sprinting combined with jogging will deliver amazing results. Try taking it out doors onto a track....sprint the straight away and jog the corners!

30. Don't Take Your Health & Fitness Tips From Random Articles

When you read all those magazine and online articles offering tips, tricks, and all sorts of other information, how do you know that the source is reliable? I always recommend doing a background check on the writer to make sure that their philosophy and credentials match up. You can't be too careful these days since anyone with a laptop and an internet connection can post "stuff" online.

31. Limit Your Energy/Protein Bar Intake to 1 a Day

Although they are cheap and quick, protein bars aren't your best option and should be limited. They come in hundreds of flavors and often times can sound like your favorite dessert but they are processed and often contain unnatural sugars and syrups that may cause a spike in insulin and prompt later cravings. Save them as a "lesser of two evils" when you are without a snack or meal.

32. Are You Lactose Intolerant?

I come from a family of lactose intolerant people so I know firsthand how they suffer when eat too many dairy products. Did you know though that if you stick

with foods that are lower in lactose (or lactose free) that you can still enjoy many dairy products? You may want to give whey protein isolate, goat cheese, some cheddar cheeses, and other lower lactose items a chance. Plus, they now make hundreds of dairy substitutes made from rice and other products that are a nice alternative.

33. Eat More Food, But Less Calories

Can you really eat more without gaining weight? Yes, but there's a specific way to do this. You need to concentrate on foods that burn more calories as you eat them. They're called "high-thermogenic" foods and they actually burn up to 30% of the calories off what you're eating. Therefore, if you're eating 1,000 calories of a high-thermogenic food it only comes out to be 700 calories! Pretty cool, right? Find out the whole list of these foods in my [Fatlossity, Lose5in7 Weight Loss System](#).

34. Shoot for a Salad Every Day

Eat it for lunch or dinner (or even breakfast!). Have you ever had breakfast foods for dinner? I thought so! So you could have a salad for breakfast? It's a great way to start the day with a clean, nutritious and anti-inflammatory meal. If it seems a bit much to eat it in the AM then make the choice to pass on the free office pizza and order one for lunch.

35. Don't Just Wing It With Your Workouts

Again, a failure to prepare will prepare you to fail. If you don't have a written workout program you may lose your focus and interest after a few minutes of being at the gym. If you don't have to think "what's next?" you are more likely to just get through a solid 45 minute workout. Plus, you need to make steady improvements each week in your exercise routine to see results and if you don't remember what exercises you did then how can you make that happen? Get your guaranteed, step-by-step, 12 week fat loss workout program at <http://lose5in7.com>

36. Change Your Workouts Up Every 4 Weeks

Just like your body adapts and gets used to a lot of environmental factors it will also begin to get comfortable with a workout routine. Changing up your plan every four weeks will ensure that you are not giving yourself a chance to plateau. For optimal results you always want to keep your body guessing as to what kind of intense routine you will be putting it through this time!

37. Yoga is Great, but Use it As a One Tool... Not a Cure All

As far as replacing fat with muscle and increasing your metabolism, yoga won't get the job done. However, it is a great way to stretch and improve balance. Use a few sessions a week to reduce stress levels and increase overall mobility.

38. Find a Workout Partner

Let's face it, on certain days you just lack the motivation to exercise... these are the days that a workout partner can really come in handy. You just need to make a pact with another person to give you a spark on the days you need it and you'll do the same for them. It's also a fantastic way to be held accountable.

39. Enlist Your Family's Support

I don't recommend telling the world when you're starting a new weight loss program because there are a lot of "haters" out there who don't want to see you succeed. You see, if you lose the weight and keep it off then it makes them feel bad about themselves... so to protect themselves and not look bad they'll try to pull you down to their level. Instead, quietly go about your business and just ask a few close friends and family to support you in your efforts. Ask them to remind you of your goals when you're about to cheat or having a "down" day.

40. Do Aerobics Classes Work?

Aerobics classes work in terms of burning calories, but they quickly lose their fat burning power after about 8 – 12 weeks. Why? Your body adapts very quickly to this form of cardio. You also don't end up progressing in these types of classes and they end up amounting to going for a run on the treadmill for 45 minutes or so. You can definitely get better results in less time concentrating on the [maximum fat burning, metabolic workout programs](#) I recommend.

41. Use Daily Checklists

If there's one thing my clients love most about the weight loss programs I give them, it's that they're super easy to follow. I firmly believe all goals become easier to achieve when your plans are clearly laid out for you on a single sheet of paper. My [Cabral checklists](#) allow people to just choose foods and meal plans off my simple to use, daily, nutrition journal sheets. I also use a single page workout sheet showing you the [3 fat burning exercises](#) I want you to do for that day. It couldn't be easier to follow and that's why it works so well!

42. Carry Around a Water Bottle – Everywhere

Although I now use one of those hip and cool "Sigg" water bottles made of stainless steel, the same principle still applies... Water is best consumed throughout the day and not chugging it all at once. You'll absorb it better and drinking H2O throughout the day will stave off some of those hunger pangs and will boost your energy levels. Plus, if you have water handy you won't be tempted to grab a sugary drink instead!

43. Always Have a Snack Stash

We have all been in the position where you are running late, or things come up that get in the way of your preferred schedule. Whether you are carting the kids around after school or sitting through a long lecture, it is important to always have a healthy snack on hand so your starvation doesn't tempt you to cheat. A stash of almonds or walnuts is a great option!

44. Should You Count Calories?

Absolutely not. Who has time to count calories anyway? The trick is eliminating all the inflammatory and high-glycemic foods and focus on healthy, natural options instead. It's the quality of the food that you're eating that counts, not the quantity (remember the example of the high thermogenic foods?).

45. Don't Give Up After Messing Up on Your Diet

You messed up on your diet – so what? There's nothing you can do about it now so there's no sense in dwelling on it. Let's just get you back in the saddle and not let it happen again. In my program I recommend that you hold strong to your initial "Calm" phase for 14 – 21 days and then have a fantastic cheat meal. I also recommend 1 – 2 cheat meals per week (after the initial 14-21 day "[Calm Phase 1](#)" to restore natural hormone levels). This cheat meal will help with weight loss by restoring a hormone called "leptin" which tells your body you're not starving so "keep on burning body fat!" I also think it helps to have a Wednesday and Saturday cheat meal as something to look forward to and help you stay motivated to be good the rest of the time.

46. When To Have a Cheat Meal

The absolute best time to cheat is directly after your workout. Your body is ready to soak up sugar, nutrients, and everything else you send its way. Don't abuse it, or go overboard, but have some fun with it ;)

47. Don't Copy What Others Are Doing at Your Gym

This concept is actually scary and it's been coined "the blind leading the blind." The reason it's so scary is that if one person copies another because they think that person knows what they are doing they could end up getting hurt! Here's how the cycle starts: Someone is watching a guy or girl in good shape complete an exercise and they say that that person must know what they are doing because they're in good shape (big mistake), so they copy that exercise. Well, how do you know that the in shape person is using good form or doing an exercise for a specific reason that doesn't apply to what you're after... trust me, this one just isn't a good idea for your own personal safety.

48. Hire a Professional

Why do Olympic and professional athletes hire professionals? They do it because playing a sport is their job, but in order to get better they need someone with an advanced knowledge of the technical side of things. Even 1 or 2 sessions with a highly rated coach will teach you more than you could have ever learned in 10 years on your own. Why? That's their job and they've been doing this one thing for 10 years or more! You can also follow a step-by-step program that teaches you as you go through it like the one I put together after successfully completing over 12,657 private sessions. It's over 11 years worth of my best nutrition, exercise, and healthy lifestyle keys to success – plus a complete, 12 week weight loss program. You can find it at: <http://lose5in7.com>

49. Never Stop Learning

This may seem pointless to you, but I still do 60 minutes of research every day. Although I run a sold out weight loss studio in Boston and help thousands of people online, I promised myself many years ago that I would never stop learning how to best help to people. You can do this same thing by reading a quick article on nutrition, exercise, or health lifestyle. I think you'll find this 10 minute daily reading helps to keep you on track and motivated to continue reaching for your goals.

50. Keep yourself Interested by Trying New Things

Everyone gets bored of doing the same thing over and over, so why not try something new every month or so? The first thing you should do is switch your exercise program up every 4 weeks to continue getting maximum results, but also to prevent boredom... You can also try yoga, group exercise, kickboxing, or any other type of class that may give you a spark.

51. Write Down Your Dreams and Goals Before You Start

Dream big and see yourself achieving that goal. Picture what will it feel like, look like, taste like, and smell like. The more specific the goal is, the better. Don't write down I want to lose 10 pounds. Write down exactly what you want and how you're going to do it. Write down, "I lost 13.5 pounds by July 31st" and then go look at that goal every morning, noon and night. Make it happen!

52. Set a Date To Accomplish Your Weight Loss Goals

You know what they say... "a goal without a deadline is just a dream."

53. Update Your Goals As You Progress

Keep track and congratulate yourself with every new accomplishment. It's

important to remember that your goals may change along the way and that's okay. You may find that you are now looking to lose another 5 pounds or that you would also like to work more on a certain area of your body. The real key is to just [get started](#) ;)

54. Reward Yourself After Achieving a Goal

The reward could be a cheat meal or a drink with friends but try a spa treatment or new slimmer fitting clothes! Not only will you save the extra calories but you will be contributing to future success. A massage will loosen you up leading to improved performance in the gym and the new set of clothes will have you looking more fabulous than you already do!

55. Emulate Those You Want to Be Like

Don't copy, but learn from those who have already done what you want to do in healthy way. Find out what it took to succeed and if they have any tips they could share with you. Attack your goals from every angle – do that and you can't fail!

56. Eat To Live, Not Live To Eat

If you could visualize the food as fuel for your body, then I believe you wouldn't put all sorts of junk into it. Food gives you energy and sustains life... not the other way around.

57. Focus on Creating a Healthy Life and Not On Depriving Yourself

Dieting is not about deprivation, it's about making healthy choices that make you feel good. It's nice to know you are creating the ultimate lifestyle for yourself that will allow you to live a longer more fulfilling life. You shouldn't be miserable or think you have to sacrifice so much – it's just simply not true.

58. Make Yourself Accountable

This is critical for the first 21 days – you MUST chart your daily journal checklist sheets with the results of the food and workouts you did that day. After 12 years I can tell you that those who wrote down everything had more than DOUBLE the success rate of those that didn't. If you want you can use all 12 weeks of my Cabral Checklist sheets here: <http://www.lose5in7.com>

59. Read Daily to Improve Your Weight Loss Mindset

I touched on this earlier, but I recommend waking up and first thing in the morning reading over your goal sheet, as well as a short article on healthy living. It may give nutrition or exercise tips or just be something to keep you motivated. This will put you in the proper mindset to achieve great things that day!

60. Focus on Working the Large Muscle Groups in Your Legs

Most people think doing cardio on a bike, treadmill, or elliptical is working their legs, but it's simply not the case. Cardio machines predominantly work your heart and lungs – not your legs. Of course, your legs have to move during those workouts, but it doesn't work them effectively. To effectively boost your metabolism you must work large muscle groups like your hamstrings, quads, glutes, chest, and back close to failure during resistance exercise. That way, you can burn maximum calories while permanently boosting your metabolism.

61. Think Metabolism, Not Burning Calories

Most people like the feature in cardio machines that spits out a “calories burned” figure. It provides a concrete number that someone can translate into success like, “I burned 200 calories which is basically that cookie I ate at lunch”. The reality is that if you work hard to replace stubborn fat with lean muscle by weight training then you won't have to worry so much about that occasional cookie. Your higher metabolism will burn the calories of that cookie on its own. Sound too good to be true? Well it's not...so pick up those weights!

62. Consistently 1-Up Yourself

Every week you should be looking to improve upon last week's workout. You can do this because you're switching your exercise program up every 4 weeks to stimulate new results and not plateau. For example if you're doing a 15 pound deadlift this week you could try doing a 20 pound deadlift next workout. Keep pushing yourself (with proper form) and you'll accomplish great things in much faster time.

63. Move in Multiple Planes

Did you know your body burns more fat when you move in the frontal and transverse planes? The reason is that you are exercising with movements that your body isn't used to. We're all used to moving forward and back, not side to side, or rotationally. Try adding some of those moves into your [fat burning workout program for](#) optimum results!

64. Use a Full Range of Motion

A few years ago people were talking about partial range of motion exercise... what this means is that you would only use a portion of the range of motion typically used in an exercise. For example, if you were performing a squat you would only squat down a quarter or half way. I can tell you that the origin of this type of training came from rehabilitation patients in physical therapy clinics. I'm not sure how it made it to the mainstream media, but it is one of the worst ways

you can train for weight loss. Using a FULL range of motion will not only get you better results (at least double) since you are actively involving MORE muscle fiber, but you will be less likely to injure yourself outside of your workouts as well.

65. **Sexy Abs & a Flat Stomach Don't Come from Tons of Crunches**

Believe it or not we all have abs! The only thing that is hiding yours is body fat. As mentioned, abs do not come from tons of crunches, they come from burning body fat and increasing your metabolism. And as the most popular research has shown, the fastest and most efficient way to burn fat and increase muscle is to complete total body weight training! Burn the fat...see the abs!

66. **You Have to Believe**

"The power which a man's imagination has over his body to heal it or make it sick is a force which none of us are born without. The first man had it; the last one will possess it." -Mark Twain. Basically, your body will only achieve what you believe it is capable of. Constant affirmations of self doubt and ridicule will only keep you from your weight loss goals. But just as easy as you can think sabotaging thoughts, you can imagine your success and weight loss vision. Try meditation or just quieting your mind for 5-10 minutes a day where you envision yourself living inside the body of your goal weight!

67. **Have Some Fun!**

Let's be honest, no one will be able to commit to something boring and miserable for very long. If you are serious about living a healthy lifestyle and achieving your weight loss goals then you need to find it enjoyable. Workout with a best friend, hire a great personal trainer, change up your workouts often, or enter a contest. Find creative ways to incorporate some fun into your everyday routine, it will keep your days feeling fresh, your energy levels soaring, and your motivation at peak levels!

I had a lot of fun myself writing these 67 tips and I hope my "**67 Ways to Start Losing Weight Today!**" gave you the needed education, motivation, and inspiration to take charge of your life and finally lose all that unwanted body fat. And since you made it through to the end I wanted to congratulate you with a very special offer:

All you have to do today is go to a special (*hidden*) web page that I've reserved for the readers of this weight loss report like you. On that page you can get all 7 of my limited-time bonuses, plus my entire Fatlossity, Lose5in7 Weight Loss System for only \$4.95!

Seriously, that's not a typo.

Take my [risk-free trial of only \\$4.95](#) to test drive the ENTIRE 12 week complete program for 60 days. If for any reason you don't feel it is the best weight loss system you have ever used or you don't get the results you were looking for then just email me for a no-hassles, 100% money back refund.

⇒ <http://lose5in7.com/trial-offer> (*limited-time offer)

That's my personal guarantee to you.

You owe it to yourself to at least give it a try. It's the real deal and it's the same one used on MTV MADE and seen all over the world. I want you to ask yourself this: If it didn't work do you think I would have thousands of success stories or be able to offer a full 60 day 100% money back guarantee or leave my email address (support@lose5in7.com) for everyone to reach me?

I really do want to help you achieve your goals – all you have to do is allow me...

Click below and I'll show you how to lose 5 pounds in less than 7 days and get yourself on track to reaching all your weight loss goals!

⇒ <http://lose5in7.com/trial-offer>

I hope to hear your success story soon!



Committed to your success,

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>>> Please feel free to forward this Special Weight Loss Report to anyone it could help

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